

1 **Abstract of Disclosure**

2 A telescopic support includes a tube and an elongated element inserted in
3 the tube and formed with a series of ratchets. A driving and locking
4 device includes a locking element, a spring and a driving element. The
5 locking element includes a jaw formed with at least one ratchet and being
6 pivotally installed on the tube. The spring is provided between the tube
7 and the locking element for biasing the ratchet of the locking element into
8 engagement with the ratchets of the elongated element. The driving
9 element includes a jaw formed with at least one ratchet. The driving
10 element can be pivoted on the tube in a direction so as to engage the
11 ratchet thereof with the ratchets of the elongated element. The driving
12 element can be pivoted in an opposite direction so as to disengage the
13 ratchet thereof from the ratchets of the elongated element and pivot the
14 locking element for disengaging the ratchet of the locking element from
15 the ratchets of the elongated element.

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